

July 2019 Senior Nutrition Component Table

	Calories	Carbs	Protein	Vitamin C	Vitamin A	Fiber	Calcium	Sodium
Date	<u>Kcal</u> >550	<u>CHO</u> 70 g	<u>Protein</u> 2 oz daily	<u>C</u> 25 mg/d	<u>A</u> 233ug x 3 d/wk	<u>Fiber</u> 7 g ave weekly	<u>Calcium</u> 400 mg ave wk	<u>Na</u> <1000 mg
7/1/2019	563	72	3 V	29	208	8	440	700
7/2/2019	608	63	3 CHX	107	544	6	400	523
7/3/2019	631	79	3 M	49	216	7	441	873
7/4/2019	HOLIDAY							
7/5/2019	603	79	3 F	84	1678	11	552	864
AVERAGE					662	8	458	
7/8/2019	580	79	3 M	33	222	7	431	900
7/9/2019	581	64	3 CHX	30	356	4	410	992
7/10/2019	667	71	3 M	98	449	8	539	653
7/11/2019	676	70	3 V	33	160	6	731	903
7/12/2019	688	33	3 T	41	1194	11	549	934
AVERAGE					476	7	532	
7/15/2019	631	76	3 F	25	303	5	406	995
7/16/2019	570	79	3 V	29	481	9	387	766
7/17/2019	675	70	3 CHX	25	542	10	552	778
7/18/2019	589	74	3 P	28	185	7	361	505
7/19/2019	624	66	3 M	25	232	8	424	930
AVERAGE					349	8	426	
7/22/2019	556	80	3 F	88	289	5	449	830
7/23/2019	580	79	3 CHX	48	196	12	513	986
7/24/2019	585	75	3 V (B)	94	245	13	678	952
7/25/2019	634	78	2.5 F	34	256	9	380	413
7/26/2019	672	77	3 T	43	178	15	436	770
AVERAGE					233	11	491	
7/29/2019	621	74	3 M	79	200	8	399	956
7/30/2019	603	79	3 P	85	380	8	436	1438
7/31/2019	550	65	3 CHX	54	166	7	432	811
AVERAGE					249	8	422	

Abbreviations:

B = Beans	V = Vegetarian	CHX = Chicken
M = Beef	F = Fish	P = Pork
T = Turkey	C = Cheese	B = Beans